# "JUST HOW" TO COOK THE TOUGH FOWL

Much Variety Can Be Had by Using the Fowl for Soups, Stews, Gravies, Pies and Many Other Acceptable Dishes.

Fowls and chickens bring different prices in the market; fowl brings the lower price because the hard feet, ossifled end of the breast bone and presence of halr show it to be an older bird than the chicken. The name chicken is given

that of the younger bird. In selecting a fowl, choose one which is plump and smooth. There is usually a large amount of fat in the fowl, and if this is saved and tried out it makes a

## TO PREPARE FOR ROASTING.

cut off the neck close to body, make incision between the legs, and through this opening draw the entrails. Draw windpipe and crop through the neck opening. Wash the inside of the bird with a cloth wrung out of cold water and remove all clots of blood. Stuff, sew up opening trues sprinkle with salt and opening, truss, sprinkle with salt and pepper, dredge with flour, place on roaster and cook in a very hot oven. Allow fifteen minutes to every pound when roast-

#### LONG, SLOW COOKING.

tender the flesh of the fowl, but if this spoiled. A simple method for steaming the fowl is to place muffin rings in the bottom of a saucepan, which has a tight fitting cover. Place the fowl on these rings and cover them with hot water to which is added a little salt. Cover the saucepan closely and steam the fowl slow-ly over a brown sauce made as follows: cooking is carefully done the flavor is not | Total Is accepan closely and steam the fowl slowly over a low gas flame until it is tender, turning the fowl several times during the cooking. It will usually take one
and one-half hours to thoroughly cook the
fowl. If your kitchen equipment does
not contain muffin rings, use some other
simple device for raising the fowl out
of the water and off the bettom of the of the water and off the bottom of the saucepan. Care must be taken so that the water does not boll away while the

fowl is steaming. For a small family of two or three persons hardly any kind of meat can be bought to better advantage for the needs of the household than a fowl, for it can be made up into so many different dishes, and for this reason afford much variety when a roast of lamb or beef would become monotonous. The recipes for devilled bones, creamed chicken and luncheon chicken can all be prepared from a steamed fowl or from leftover roast fowl or fricassee. These appetizing dishes are most satisfactory for luncheon breakfast. most satisfactory for luncheon, breakfast, the chafing dish or a simple dinner for CREAMED CHICKEN, 43 CENTS. two. The meat of a steamed fowl can chicken patties, chicken à la King, and so on down the entire list of attractive dishes which tempt one's purse in the restaurants. With a little time and special spe restaurants. With a little time and special care about seasoning any interested housekeeper can be a successful chef. A good, plump fowl is certainly a friend to the housekeeper, giving her household nutrition and lessening the price of the

butcher's bill.

By Adelaide Beverly Stryker, B. S., Teacher and season with salt and pepper, and add at Barnard School for Girls.

ful thyme, one and one-half teaspoonfuls salt and one-quarter teaspoonful

Clean, singe and cut up fowl into pieces. Brown in its own fat or butter over a the chicken. The name chicken is at to poultry until it is one year old, after the hot fire, turning constantly until it is which it is called fowl in the markets. Well browned. Then remove it from the well browned. Though fowls are larger and tougher than fat and fry in the remaining fat two chickens, their flesh is as nutritious as small onions, chopped fine. While browning shake in one-quarter teaspoonful of black pepper. Return the browned fowl to the fat and onions; add one cupful of hot water; peel and cut up one tomato; most valuable contribution to the family add to other ingredients and bring minutes. Then add one and one-half teaspoonfuls of salt and one whole green Remove pinfeathers, singe, take out pepper for flavor; cover the fowl with tendons, draw skin back from the neck, boiling water and let it simmer for about

CHICKEN FRICASSE, \$1 005.

Salt, pepper, four tablespoonfuls flour and flour for dredging. Bread for toast.

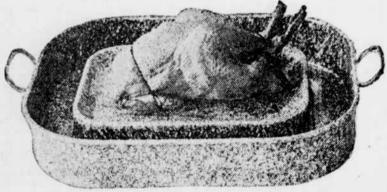
MADE-OVER CHICKEN DISHES. DEVILLED BONES, 46 CENTS.

One and one-half pounds cooked fowl and one cupful stock.

Two tablespoonfuls butter.
One tablespoonful Chill sauce, one tablespoonful Worcestershire sauce, one teaspoonful mixed mustard, parsley sait, pepper, flour and cayenne.

Total
(For four persons.)

Boil the eggs hard. Cut fowl up in dice.
Meit the butter, add the flour and stir in
slowly the milk, season with salt and pepper. Add eggs (cut up) and fowl and sea-



READY FOR ROASTING.

STEAMED AND ROASTED FOWL, son with wine or celery salt. Serve on \$102.

Four pounds fowl, at 22 cents a pound
Three cupfuls breadcrumbs...
One-third cupful or one-sixth pound
butter
One onion, one-half cup boiling water,
sait, pepper, sage and flour for
dredging

Select a nice, plump fowl, about three

or four pounds in weight. Clean, singe and stuff as for roast chicken, sprinkle with sait and pepper and rub the surface with butter. Place on rack or muffin rings in a sautepan, having enough water to cover rack or rings, and cover saucepan closely. Steam about two hours, or until the fowl is tender. Be careful water does not evaporate during cooking. When fowl is tender remove from saucepan, dredge with flour and place in dripping pan and roast in oven until the fowl is brown. Cover the bottom of the dripping pan with boiling water and baste the fowl frequently while it is browning.

A SIMPLE STUFFING. Three cupfuls breadcrumbs, one-third cupful butter, one onion, one-third of a cup of boiling water, salt pepper and

Season crumbs and then pour over them water in which butter has been melted.

A GRAVY. Pour off the liquid from the dripping pan in which the fowl has been roasted. Add stock in which giblets, neck and tips with flour and cold water mixed together

THE SCHOOL OF MOTHERCRAFT Removed to 330 West End Avenue

(Near 76th St.)

LUNCHEON CHICKEN, 36 CENTS. One and one-half cunfuls or one t

and one-half teaspoonfuls lemon

(For four persons.)

Cook butter and grated onion five minutes, add cornstarch and then the stock slowly. Add lemon juice, celery cut in small pieces, salt, cayenne and chicken cut in cubes. When well heated add yolk cut in cubes. When well heated add yolk beaten and cook one minof egg slightly beaten and cook one min-ute. Serve on toast.

BROOKLYN SUFFRAGE PARADE.

Continued from ninth page.

frage club formed in the State of New York, the date of its inception being 1869. Some of the original members still belong to the club, which is now called the Brooklyn Woman Suffrage Association, and there are to be two automobiles in the fore part of the parade containing pioneers in the movement and members

of this club. After much discussion as to who should be the head marshal, it was decided to ask Miss Adela Potter, who is a fine horsewoman, to take this position. She will be furnished with four assistant marshals, one from each of the suffrage organizations represented in the co-operative committee.

It was reported at the meeting that very few, if any, of the members of the Men's League for Woman Suffrage agreed with R. C. Beadle, its secretary, who said that very few men would march if Mrs. Pankhurst was in the line. J. P. in Home-making, Dietetics, Biology, Care of Infants, Kindergarten in the Home.

Mrs. Pankhurst was in the line. 3. P. Coughlin, who represents the Men's League on the co-operative committee,

SOME THINGS THAT COUNT.



THE OPERA HAT IN A CTION AND INACTION.

# BANKERS IN EMBYRO

lessness of the majority of the grammar tention to the home training of their own children. So many business men with whom I have talked deplored the ignorance of boys in their employ and claimed that they seemed to have so little practical knowledge.

PRACTICAL KNOWLEDGE.

If I had anything to do with the man agement of our schools, I would burn jost of the text books and make the hildren do real things instead of making them read how to do them. And n a generation from now there is no doubt that the entire school system will be revolutionized. A child who has spent from its sixth to fourteenth year in a school room should have some real. practical knowledge. You may tell a child something a dozen times or read to him many times how a thing should be done, and yet it may not understand. But let the child do the thing just once then he surely will know how. This is an old pedagogic method, but it is known so well it is often lost sight of A child should be so trained that there

will grow up in him a longing and eagerness for more knowledge. For this reason children, while very young, should be taught the pleasures of accomplishing play as well as duty in an exact and systematic manner. To this end the to very young children, and they will acquire a useful and necessary branch of learning with the least possible effort.

THE ALLOWANCE.

Most children get allowances or else presents of money from time to time-Mine do; so, a short time ago, I bought receipt books for them, and whenever I or any one else gives them money they must write a receipt and on the stubs keep a record of what the money was given for. The children take the greatest delight in making them out. My lit- while?

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DOROTHUEDWARDS

NATIONAL BANK .

ORDER OF EL GAR ETWARDS

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If mothers only knew the utter help- tle girl can only print her letters, and, of have his own. The chateau changed course, I first have to print the words all that. school graduates who are unceremoni- and figures on a plain sheet of paper so in the ball. ously thrust into the cold business she may copy, but it has given her an bed was a bar on which the occupant world, perhaps they would pay more attention to the home training of their the receipts will look like those of her could reach from where he lay and dress

A PLAY BANK.

store bank, into which goes money that by critics of mediæval morals that is to be spent on toys, presents, and young men had apparently free access for the savings bank. The keys are to the bedrooms of young women and kept by the department store and when that they often sat down to talk upon toys are purchased a check is made a lit paré. It must be remembered in out to the store where the money is this connection that the mediaval bedspent and given to me. A small safe room offered hardly more privacy than s used for the pennies, which are to the American sleeping car. be saved for candy, pencils and such things, and when pennies are taken from this checks are also made out. The efforts are very childish, as shown in the pictures, but a few years from now the making out of a receipt or check will be a very simple matter.

TO DO "GROWN UP" THINGS.

Too often children are not given enough credit for the ability to grasp ideas; yet if matters are as clearly explained to them as we would try to explain to some grown up whom we were trying to teach our ways, it will be found that the child mind is fully capaple of understanding many hig things Children want to do big things, and those big things are what they see their weekly or monthly paper bill, the bread check system and accounts can be taught and milk bills, a sense of responsibility is created. And as responsibility develops the adult, a little of it develops the child wonderfully.

In addition to the inculcating of business ideas, the child is learning to write and spell. Of course, it should be remembered that in these methods the child is wholly unconscious that he is being taught; the mind is not under the slightest strain; there is only a sense of pleasure and play. It does take time, patience and interest on the part of the mother, or father, but isn't it well worth while?

such a matter-of-fact way, as if they such a matter of fact way, as if they such a matter of fact way, as if they such a matter of fact way, as if they such a matter of fact way, as if they such a matter of fact way, as if they such a matter of fact way, as if they such a matter of fact way, as if they such a m

fA record and extracts from books of special derest to women. This department does not urpose to enter the realm of criticism in any

THE LADY (a new and cheaper edi-tion). By Emily James Putnam. Hius-trated, svo, pp. 323. The Sturges & Wal-ton Company, New York.

The sketches in this volume aim to suggest in outline the theories that various typical societies have entertained that she has from time to time proposed to herself; to show in some measwhat sort of education she has had, she has contrived to make with the very

then come the Roman Lady, the Lady Stockings, the Lady of the Slave States. | their thin blouses. Here is an excerpt from the chapter its splendor, the presence of the bed in the hall is symbolic of the change wrought to be surface, without checking the perspiration, is treasurer. in the hall is symbolic of the change wrought in manners by lack of space. Frivacy was gone. From Homer's time Romans, had contained a number of small bedrooms, so that every one might . . At the head of each himself behind the curtains before getting out of bed. Outside his curtains Then they each have a department was the public. It is often lamented

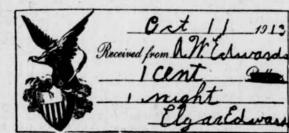
> A WOMAN RICE PLANTER. By Patience Pennington. With an Introduc-tion by Owen Wister, Illustrated, 12mo, pp. 450. The Macmillan Com-pany, New York.

> "A Southern picture unsurpassed with its humor and its poignancy mingling at every turn, with the performance of the negroes, the performances of the animals and the ceaseless and miscellaneous distractions and dangers of the mistress all told with perfect vividness and simplicity. . . . A native document of permanent historic value." From the introduction.

KINGDOM OF TWO. A True Romance of Country Life. By Helen R. Albert. Illustrated. 12mo, pp. 322. The Macmillan Company, New York.

"Every life is a romance if it can be viewed in proper perspective. No one is denied Iramatic incident, if he could but see it; the most monstrous existence is pleasantly spiced with comedy, and rises to a tragic crisis now and then. But we are apt to settle ourselves so comfortably and accept conditions in such a matter-of-fact way, as if they

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CHECKS, RECEIPT AND STUB KEPT BY THE YOUNG BANKERS.

# names of shops where articles meni under this head were seen can be obid by sending a stamped and addressed to be to "seen in the Shops." New York ne. To insure a prompt reply, the date bilication should be given. which might be dangerous. This salve destroys all odor, leaving a sweet clean fragrance. A jar, which will last for many days, can be bought for 24 cents.

MANY BOUDOIR AIDS

CONTINUALLY MADE

There Is a Never Ending Supply of Fascinating

Articles for "My Lady."

There is an excellent bath soap, recently placed on the market by a well vice returning from her honeymoon to the known Paris establishment, which has new home or the housekeeper of many won an enviable reputation for hygienic years, will be delighted with a bag of prepartions. It is round in shape, making lavender flowers. Ger grandmother an easy and convenient cake to handle in many, many years ago discovered the po the bath. The violet scented soap sold by tency of the lavender flowers and scatthis house is particularly good, delicate, and yet a faithful reproduction of the perfume of the violet, though the other imparted to the sheets and pillow cases odors are equally good. A generous cake was most refreshing and pleasing to the can be bought for 24 cents.

#### FOR THE BATHROOM.

Every well appointed bathroom should contain one of the large powder boxes. These glass cases are large enough to tions of the tollet counters, and the bags hold the big powder puffs which shed a at 25 cents are finding many purchaser dust of powder over the body, and have a top of nickel to match the fittings of the bathroom. When they were first offered for sale they were too expensive for the average purse, but now they can be bought as low as \$2 95.

A satisfactory talcum powder for this luxurious powder case can be purchased for 25 cents. It exhales a delicious violet all our embroideries to a professional odor which is pleasing to almost everybody. Not until the bathroom is supplied for clothing and household things are with one of the powder boxes containing a plentifully adorned with them. good talcum powder does one realize the comfort and pleasure resulting from a add salt to the rinsing water, which dust of fragrantly scented powder after should be clean and moderately hot. This the bath. The delicate aroma is very

#### THE MINIATURE MIRROR.

A pleasing little gift to the woman who seeks counsel from her mirror is the miniature mirror in imitation ivory, with the initial engraved in dark blue on the outside. These mirrors are small enough to slip into the shopping bag, and can be glanced at surreptitiously when a for the first time. Squeeze them gently larger mirror could not be used beyond the door of the boudoir. Certainly they

#### FOR TRANSPARENT BLOUSES.

Fashion dictates transparent coverings, ut she does not solve the problem of how to wear a dress protector in a sheer sleeve without proclaiming the fact to the world. Guild, of which Mrs. Levi P. Morton is Every one knows that a dress shield is president in New York City, is now sendbound to show through a filmy veiling of ing out jelly and grape juice to the sick chiffon or lace, hence the only solution is poor of the city. to do away with the protector. For some carried on by the guild for eighteen years, women this is out of the question, for it is and the demands increase so widely from marry; in short, what manner of terms never wise to resort to preparations for year to year that the guild finds it difstopping perspiration without the advice ficult to supply them all. Homemade of a physician. There is no harm, how- grape juice is particularly desired, and The first chapter is the Greek Lady: ever, in using a preparation which takes any one wishing to donate either this away any disagreeable odor, and by the delicacy or jelly of any kind can com-constant use of such a preparation many municate with the executive secretary. of the Salon, the Lady of the Blue women can go without dress protectors in Mrs. George E. Paul, at No. 76 Fifth

It is possible to buy an antiseptic de- fice. Miss Annie Leary and Mrs. James odorant which will enter the pores and Speyer are vice-presidents of the guild is

FOR THE LINEN CLOSET.

The housewife, whether she be a no weary sofourner when he or she sought the bed. No adequate substitute for the lavender flowers has ever been found, and the demand for them is quite as strong to-day as in previous years. A free supply is just now adding to the attrac-

### TO CLEAN EMBROIDERIES How the Work Can Be Done Suc cessfully at Home.

It would cost a small fortune to sens If the embroidery is done with color

will set the colors of silks or cottons at they will not run. It is a wise precaution to immerse colored embroideries in salt water before washing in the bran water To clean them at home most successfully place a half pint of bran in a pan and add the same amount of cold water Allow it to boil slowly for twenty minute and then strain through a fine cloth. Add a pint of boiling water, and use this mixture to wash fine embroideries and laces with the hands, and if they are much soiled soap jelly can be added to the mixture. This is made by dissolving pure son) in boiling water .- Philadelphia Record.

## SEND JELLY TO SICK.

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